

Rid Yourself of Constipation

With a Delicious Nature Food!

Constipation can be relieved permanently in the simplest way imaginable. If you will eat Kellogg's Bran, cooked and crumbled regularly, you will find yourself freed from this annoying and dangerous condition. Your physician will endorse the use of Kellogg's Bran for constipation. We guarantee that it will give permanent relief provided you eat at least two tablespoons daily. For chronic cases, eat as much as is necessary. Besides, it will free the breath from disagreeable intestinal odors and clear up pimply skins!

You should know all about Kellogg's Bran, cooked and crumbled. It is not only a wonderfully beneficial nature food, but it is a delicious cereal, eaten as a cereal with milk or cream and sugar, or sprinkled on your favorite cereal. Kellogg's Bran is used in the

preparation of many delectable foods such as raisin bread, muffins, macaroons, pancakes, etc., for its nut-like flavor as well as for its remarkable health qualities.

Kellogg's Bran sweeps, cleanses and purifies the bowels without irritation or discomfort. It is as beneficial for children as for older people. It does wonderful work for everybody.

Pills and cathartics are dangerous to health because they irritate the delicate intestinal passages. And they never can and never will give permanent relief. Their action is only temporary at best. What you need is permanent relief from constipation. And you can get it with the regular use of Kellogg's Bran, cooked and crumbled. Your grocer has it.

New Lace Bodice Is Popular

BY ANNE RITTENHOUSE.

Who started the long-waisted lace bodice fashion? It came to the surface quickly and is now regarded as something established and quite pleasing. It gives variety to the thousand and one chemise frocks of the same fabric. It smacks of warm



vivid underslips of chiffon, a fabric which seems to have taken new life into itself since the season developed. Flame chiffon carried an overfrock of silver lace, mauve georgette proved itself lovely under the same lace, and so successful were the various frocks built in this manner that the designers are now in a position to put it forward in a bodice that ran down to the hips to join a skirt of velvet, georgette crepe or any other material.

Another thing to attract attention to this new silver lace bodice is that it reinstates the girder beneath it. The bateau neckline put the nose of the satin braisier out of vogue. Transparent tops were not as popular as during the war days. Now they reappear. They are in the same color as the skirt usually are and are the same fabric. If the skirt is lavishly embroidered after the manner of the misseal, the bodice, like a braisier, remains of plain material. It is a foil to the ornamental fabric above. When lace itself is not used, a tracery of metallic threads is run over chiffon or thin crepe or heavy silk net. The idea is to give the effect of lace. One sees that on half the new frocks for the south.

It is evident that the French want to give their handiwork something to do, as the frocks for spring are lavishly covered with embroidery. It is not in the pictorial and landscape designs woven in the fashionable silks for warm weather. It is more primitive than that. It is in Russian blacks in vague and careless tracery, in small patterns that can be depended upon to take up so much of the surface that the material looks as if it were patterned in the warp and woof. The most prodigious amount of toil must be expended on dozens of yards of fabric, for the designers here point with pride to the embroidery, closely packed like damask, which the observer, even a shrewd one, mistakes for weaving. The modelines of Paris have actually darned a coarse blue net of a sumptuous gown. The embroiderers, it would seem, have taken away the work of the weaver.

NEW GOWN FROM JENNY OF PARIS OF MAUVE, MOROCCAN CREPE WITH EMBROIDERY OF SILVER THREADS. LONG-WAISTED BODICE OF LACE WITH MAUVE GIRDLE HELD AT HIPS BY SHADED FLOWERS.

weather. It stimulates a desire for new clothes, because here is a new idea.

There is as yet more metallic than thread lace used in such bodices. The fashion started with the onrush of silver lace for evening gowns. Entire gowns were made of a thin silver that might have been used in medieval days, again coarse and heavy metal lace was placed over

The use of large flat flowers at the hips is not a new fashion, but despite its age, it continues to be seen in the best society. None but the slim should attempt it. Not even the woman who has reduced her hips, but not the top of her body, should feel herself able to indulge in so pretty but so dangerous a placement of flowers. There is one safe way to use them; put them below the point of the hip, one at a time, in a straight line, using two or three.

one cup of boiling water and a pinch of salt. Let this mixture cook slowly until it has the consistency of maple syrup or thicker if you desire. Remove from range, flavor with one teaspoon of vanilla, and serve hot. Pour over the cake. This sauce may be reheated, so the housekeeper may make it in advance and heat it just before the dinner hour, serving it on cold cakes.

Beef Loaf
Baked Potatoes
Coffee Maple Cup Custard. Heat one scant pint of milk, with a pinch of salt, in the upper part of the double boiler, then add to it two eggs, which have been beaten with two level tablespoons of crushed maple sugar. Stir constantly until the mixture is well thickened, but do not let it boil. Now pour it into buttered cups, dust tops lightly with ground cinnamon, and place these cups in a pan of hot water to cook in a moderate oven. Do not let the water in the pan boil around the little cups, as that will cause the custards to separate. Test every now and then by inserting a silver knife into one of the custards. If it comes out clean, the custards are "set." Remove from hot water and cool. (This method of heating the custard before baking gives it a smoothness that cannot be obtained in any other way.)

Answer to "Alice."—You did not write me far enough in advance of Christmas to enable me to get my reply to you. I am sorry, but, of course, it is only fair to answer my readers' letters in the order in which I receive them, and there were many, many on my desk when yours came. A month or even six weeks is not too far ahead to write, and I hope you will give me another opportunity to help you.

EFFICIENT HOUSEKEEPING

BY LAURA KIRKMAN.

Two Good Home Dinners.

Your family will like the following simple but delicious dinners:

Celery Olives
Hot Pot of Mutton en Casserole
Spice Cakes with Chocolate Sauce

Hot Pot of Mutton en Casserole.—

Cut two pounds of stewing mutton into small pieces, sprinkle flour over them and fry them in hot butter. Cut six large pared potatoes into slices one-fourth of an inch thick and boil them until almost soft, then drain them, rinse in cold water and drain again. Cut two large onions into slices, parboil them also until just beginning to become tender, and drain. Place a layer of the fried meat-slices in the bottom of a medium-sized casserole, add a layer of potato and onion, then another layer of the meat—alternating the layers until all the materials are used. Season each layer as you add it, with salt and pepper. Have the top layer of potato dotted with bits of butter. Pour in a scant pint of canned soup (chicken or consommé will do) to which you have added one or two spoons of tomato catsup. Cover the dish and cook in a moderate oven for two hours. Serve hot in same dish.

Spice Cakes with Chocolate Sauce.—Cream together two tablespoons of butter and ½ cup of brown sugar, add ½ cup of dark molasses, 1 teaspoon each of ground ginger, cinnamon and ground nutmeg, and ½ spoon of ground allspice. Mix thoroughly, then add one teaspoon of soda dissolved in ¼ of a cup of thick sour milk. Stir in enough sifted flour to form a fairly stiff cake batter. (It should be in the order of the spoon.) Turn into buttered cup-cake pans and bake in a moderate oven. Serve with: Chocolate Sauce.—Shave one square of unsweetened chocolate into a saucepan and add half cup of sugar,

one cup of boiling water and a pinch of salt. Let this mixture cook slowly until it has the consistency of maple syrup or thicker if you desire. Remove from range, flavor with one teaspoon of vanilla, and serve hot. Pour over the cake. This sauce may be reheated, so the housekeeper may make it in advance and heat it just before the dinner hour, serving it on cold cakes.

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Things You'll Like to Make



To make this unusual trimming shown on this hat you will need black lace about ten inches wide. Measure the distance from the inside of the underbrim, up over the brim and up to the top of the crown. Double that amount and add sufficient to make a pleasing sized bow at the top. Cut the strips of lace into halves. Wire the edges of both pieces. Stitch one end of each band to the inside of the crown. Bring it out under the brim, over the brim, up to the top of the crown. Pick both pieces at the top. Make the bow and this unusual trimming has made a delightfully chic chapeau. FLORA.

Carrot and Bread Soup.

Scrape and cut in slices one-half pound of carrots and cook in one-fourth cup of butter with the white part of two leeks and one small sliced onion until the onion begins faintly to color the butter. Put in a saucepan two cups of water or stock and one-half cup of fine crumbs; let simmer until the vegetables are all soft enough to be put through the colander. After pressing add the whole to one quart of thin white sauce made by thickening a quart of milk with one-fourth cup of butter and four seasonings to taste. Garnish with cream or parsley.

In Local Shops.

Aprons for ladies' maids are so bewitchingly pretty these days that one wishes one might act as lady's maid to somebody. There are some made of very heavy but good quality cotton net, with the hems double, and the straps likewise double. With them go scalloped collar and cuff sets, also made of the double net. And sometimes a little cap also of mesh is big.

Hats of velvet show flowers of the same material applied with gold threads in an irregular sort of one-to-three stitch.

Chamois gloves are made with soft, wispy cuffs lined with white kid. Sometimes the edges are turned back on itself.

Black silk is fashioned into a lovely negligee, voluminous and soft. It is trimmed with thick gray swansdown.

Coat linings are fascinating this year. Well, they usually are, for that matter. When it is a year of plain silk or satin linings, they are fascinating because of their very smoothness and nice and soft lining. When it is a year of brightly figured linings they are fascinating. Some are plain. And a good many of them have interesting trimmings on the lining. That is, there will be a band of figured ribbon marking the juncture of the lining with the turn-under section of the front and lower edge of the cape. This shows, of course, when the cape is thrown back. With such a trimming there is a plain lining, naturally. Other linings, especially those of evening cloaks and capes, are puffed and shirred, and some of them are trimmed with ostrich.

Ostrich, by the way, in all colors and widths, may be bought by the yard in the shops. It may be used at home for trimming boudoir capes and negligees, even if one does not venture to make anything more important.

Evening wraps are made entirely of ostrich, with trimmings of overlapping each other like fish scales.

Menu for a Day.
BREAKFAST
Oranges. Cereal.
Bacon. Baking Powder Biscuits.
Coffee.
LUNCHEON.
Sweet Potatoes and Oyster Croquettes.
Boston Brown Bread
Mashed Potatoes.
Canned Peaches. Cocoa.
DINNER.
Roast Mutton with Onion Sauce.
Sweet Potatoes. Creamed Celery.
Pumpkin Pie. Cheese.
Coffee.

HOME ECONOMICS.

BY MRS. ELIZABETH KENT.

Ballast Foods.



The ballast foods are those which aid digestion by giving bulk and substance for the digestive apparatus to work upon. Many people who suffer from constipation think they can improve their condition by eating less, and on this theory omit breakfast, for instance, entirely. In some cases, under a physician's advice, this may be the right thing to do, but normally the greatest stimulus to intestinal movement comes immediately after taking food into the stomach, and particularly after breakfast. Thus a ballast breakfast may be what is needed, rather than no breakfast.

The ballast foods for breakfast are those rich in cellulose, raisins, figs, prunes, apples and other fruits, eaten, where possible, with their skins, and cereals from which the bran has not been removed, such as rolled or cut oats and wheat. Bran itself can be used; the pleasantest way being in bran bread, muffins, or crackers. Agar-agar, or vegetable gelatin, serves the same purpose; it can be cut into pieces to be taken with some cereal, or bought in wafers, or made into biscuits. Boiled in water, it makes an edible jelly—a quarter of an ounce of agar-agar to a quart of liquid as desired.

Ballast foods should be used with other meals as well. Other foods rich in cellulose and suitable to the other meals are celery, cabbage, particularly when eaten raw, string beans, dried beans and lentils with their hulls (do not strain the lentil soup), asparagus, lettuce, spinach and onions. The great point about ballast foods is to eat enough of them, and to continue eating them regularly over a long period of time. A bad physical condition, caused by years of wrong eating, cannot be corrected in a few months, much less in weeks or days.

(Copyright, 1922.)

THE HOUSEWIFE'S IDEA BOX

Ti Freshen Stale Rolls or Biscuits.



If you wish to freshen some biscuits, rolls, bread or muffins that have become somewhat stale, place them in a paper bag, sprinkle the bag lightly with water, tie up the end of the bag and place it in a warm oven for five or ten minutes. The contents will come out as delicious as fresh bread.

THE HOUSEWIFE.

Smooth as ice, soft and pure as snow, full of pep as Jack Frost and there's only one thing more delicious than your first taste of it—each taste thereafter.

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ANCRE
With the Genuine Roquefort Flavor
CHINESE ROQUEFORT
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Masks the perfect complexion of her complexion. Permanent and temporary skin troubles are effectively concealed. Reduces unsightly color and corrects greasy skin. Highly antiseptic.
Send 15c for Trial Size

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Oriental Cream

A Sandwich made with
"Pimiento Mays"

Trade Mark

A Salad Dressing, Will Have an Improved Flavor

25c Jar

Sold by Grocery Stores

One of the Broadway Delicatessen Products

BEAUTY CHATS

BY EDNA KENT FORBES.

Chapped Hands.

At this season and for several months to come one of the most common complaints that I hear is about chapped hands and chapped lips. The chapping lips can be avoided in winter by using a lip stick of white cold cream, which comes especially for the purpose and which, since it contains no coloring, is not "make-up," and, therefore, can be used by any one. But chapped hands are more difficult, because a grease cannot be used on them during the day, and at night only if you wear special gloves to keep the oil from staining the bed linen. Therefore, such a cosmetic as the honey-almond lotion is invaluable, because it is absorbed into the skin, softens and nourishes it and, incidentally, bleaches it white, yet contains no grease at all. It is a little bit difficult to make;

that is, the almonds contained in it must be blanched and then pounded up into a paste. But if you can do this you will not have a bit of difficulty in making this lotion for yourself. It is as follows: Quince seed, one-third ounce; cold water, one pint. Steep this for twelve hours, strain through a cloth or a fine strainer, without pressure. Then take sweet almonds, one ounce. These are weighed, bruised and pounded in a mortar. Then to the milky substance thus produced add glycerin, one ounce; boracic acid, thirty grains; oil of bitter almonds, four drops; pure honey, one-half ounce. Strain and keep in a bottle.

Fanny—White spots on the nails are not a disfigurement. They can be removed, if you wish, by covering the nail with a paste made of equal parts of turpentine and myrrh. This can be used at night and removed in the morning with olive oil.

Cranberry and Apple Mound.

Cook together one pint of cranberries and four good-sized apples in barely enough water to keep from burning. As soon as the apples are soft sift both through a colander, measure the resulting pulp and for each pint of pulp add one cup and one-half of granulated sugar and the juice of one lemon. Return to the fire and stir until the sugar is dissolved and let simmer slowly for five minutes. Let cool, add to the mixture the unbeaten whites of two fresh eggs and beat the whole thing long and vigorously until stiff. Fill into sherbet glasses or mold in any fancy shape. Serve with a custard sauce made of the yolks of the eggs.

Shirred Eggs With Asparagus.

Drain one can of asparagus tips, butter four individual shirred egg dishes and divide the asparagus between them. Break two eggs into each dish, sprinkle with salt and pepper and dot with small pieces of butter. Bake in a moderate oven for about seven minutes.

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And besides fashions, the January Bazar gives you articles and fiction by W. L. George, G. K. Chesterton, Cosmo Hamilton, Compton Mackenzie and Mildred Cram.

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TETLEY'S

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Only in Tetley's do you always find the delightful fragrance, appetizing flavor and keen satisfaction of true Orange Pekoe. 300 cups to the pound.

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3 minute

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Fruit of the Loom

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